

Backpacking Equipment Check List (Minimal)

Two night backpack trip...does not include what you will wear in.

- **Backpack** (internal pack or external pack)
- **Daypack** (small pack for day-hikes & where safety, 10-essentials are normally placed)
- **10-Essentials** (12 items actually, 'the more the merrier')
 - o First-Aid Kit
 - o Compass & Map
 - o Water (bottle 'Nalgene-type', bring two (2) 32-oz size bottles, or water-bladder types)
 - o Flashlight (head-lamps preferred)
 - o Trail Food (trail mixes, power bars, f etc.)
 - o Extra Clothing (t-shirt or light long-sleeve t-shirt)
 - o Rain Gear (poncho / raincoat / windbreaker-type waterproof)
 - o Sun Protection (hat & sun block & lip balm also important)
 - o Toilet Paper (folded & put in zip-lock bags)
 - o Whistle on lanyard (plastic preferred, some REI-type daypacks with built-in on clips)
 - o Matches (place in zip-lock bags. NOT REQUIRED FOR CUB SCOUTS)
 - o Pocket Knife (buck knife or Swiss-army types. NOT REQUIRED FOR CUB SCOUTS)
- **Beenie** (synthetic polyester/nylon head-gear & for sleeping)
- **Thermal Shirt** (for sleeping, poly/nylon, light-weight)
- **Thermal Pants** (for sleeping, poly/nylon, light-weight)
- **Underwear** (extra, poly/nylon)
- **Socks** (extra, poly/wool, can also be used for sleeping, bring 1 or 2 pairs)
- **T-Shirts** (light-wt poly/nylon/cotton-poly mix, bring 1 or 2, Troop Class B already part of wear during hike)
- **Shorts** (light-weight, good backup for pants, or in case for swims)
- **Hat** (broad-brim better, poly, part of essentials)
- **Gloves** (light-weight, optional to bring)
- **Sweater/Jacket** (light-weight, FLEECE, poly, very light jacket, for warmth)
- **Pants** (zip-off pants preferred, light-weight, already part of wear during hike)
- **Hiking Boots/Shoes** (waterproof preferred)
- **Sleeping Bag** (mummy-type preferred, light-weight, maybe 3-4lbs type, rated 20-25 degree temps)
- **Sleeping Pad** (light-weight foam-type or Thermarest-type self-inflating pads)
- **Ground Cloth / Space Blanket** (lt-wt tarp-like material about 5' x 8' to ground to keep sleeping bag/pad dry)
- **Trash Bag** (to cover back-pack for rain, light-weight)
- **Shovel** (small, plastic & light-weight)
- **Plate/Bowl** (plastic, light-weight)
- **Cup** (plastic, light-weight)
- **Spoon/Fork** ("spork", plastic, light-weight)
- **Toothbrush + Toothpaste** (small, travel-lights)
- **Sunglasses** (optional to bring)
- **Camera** (optional to bring)
- **Carabiners** (maybe 2)
- **Rope** (very thin, light, 25'-50' for hanging food)
- **Medicine** (if on prescription)
- **Pocket Money** (just enough + maybe photo ID)

(Photo images of some of these sample items next page)

[REI Sahara Convertible Pants with No-Sit Zips - Men's 28" Inseam](#)



Tarp/Ground cloth 5' x 8' [Space All-Weather Blanket](#)



Daypack (very light-weight with built-in Whistle on Straps) [REI Flash 18 Pack](#)



Water Bottle [REI Nalgene-type Wide-Mouth Loop-Top Water Bottle – 32 fl. oz.](#)



Shovel (orange-type cheaper at Walmart+SportsChalet) [Outdoor Cathole Sanitation Trowel](#)



Sporks [Light My Fire Spork -](#)



Troop favorite Backpack [Jansport Scout External Frame](#) or [REI Internal Backpack](#)



Mummy-type **Sleeping Bag** around (rated 20-degr.to 25-degree is better)



Sleeping Pad self-inflating or foam pads (Thermarest, REI)

